



WEEKLY NEWSLETTER FEBRUARY 20TH 2012



MARDI GRAS! Tuesday February 21st is “Fat Tuesday” or “Mardi Gras”. The term "Mardi Gras" has come to mean a period of activity related to the celebratory events beyond just the single day. The festival season varies from city to city, as some traditions consider Mardi Gras the entire period between Epiphany or Twelfth Night and Ash Wednesday. Others treat the final three-day period before Ash Wednesday as the Mardi Gras. The celebrations can be experienced in New Orleans! The colors for The Mardi Gras flag are purple for *justice*, gold for *power*, and green for *faith*.

THE BIGGEST LOSER 4 & WC56X²: The Biggest Loser4 and WC56X² are starting their 4th week. Many happy people in here every day and we are committed to helping each of you achieve your goals. Winners for this week’s drawings are **Shellie Nelson and Katie Savage**. Turn in your name when you weigh each week to ensure you have a chance to win. You cannot win if you do not sign up. The total pounds lost for Biggest Loser 4 are 212 pounds or 1.57%. Individual leader through two weeks is once again **Shannon Norfleet** while **Lalpaloozers** remains the leader in the corporate race. Duos look like where the competition will be this year with **Wild Things** taking the lead this week. Wow! Everyone is doing a great job! Don’t forget to pay your \$10.00 if you ordered a t-shirt.

EDUCATION BY MICHAEL HAMMONDS: Michael Hammonds will be our next educational speaker presenting “If the Shoe Fits: Choosing Work-Out Shoes and Preventing Injuries”. Michael will be speaking on Thursday February 23rd at 5:30 PM in the Conference Room on the 3rd floor of Titus Medical Plaza. TRMC employees will earn a 100 Wellness Credits for attending the presentation.

BUILD MUSCLE: *Tricep Dip* exercises require no weights but help burn calories and increase lean body mass. Use a weight bench or chair with an edge thin enough to grip it securely. With your back against it, grab the edge and bend your knees, supporting your weight with your arms. Keep your back as close to the end, lower yourself as far as you can and then come back up. Keeping your knees bent as you do 12-16 repetitions. Feel the burn!

CLASS SCHEDULE (Week of February 20th)

<u>Monday, Feb20</u>	<u>Tuesday, Feb21</u>	<u>Wednesday, Feb22</u>	<u>Thursday, Feb23</u>	<u>Friday, Feb24</u>
8-9:00am Shall we Dancercise 9-9:45am Shall we Dancercise 9-9:50am Aqua Fit 10-10:30am Muscle Matters 10:35-11:05am Pilates 11:10-11:40am Zumba Workshop 5:10-6:10pm Aqua Fit 5:30-6:30pm Step It Up & Interval Class 6:30-7:15pm Shall We Dancercise? Level II	 6am “HIT” 8-8:30am T’ai Chi/ Chi Gong 8:40-9:35am Yoga Basics 9-9:50am Aqua Fit 9:45-10:30am ZUMBA GOLD 5:10-6:10pm Aqua Fit 5:30-6:15pm ZUMBA	8-8:45am Shall we Dancercise 9-9:45am Shall we Dancercise 10-10:30am Muscle Matters 10:35-11:05am Pilates 11:15-11:55am Mega Mix 9-9:50am Aqua Fit 5:10-6:10pm Aqua Fit 5:30-6pm Cardio Kick- Boxing 6-6:30pm Cut-Loose Cardio	6am Core Stability 8-8:30am T’ai Chi /Chi Gong 8:40-9:35am Yoga Basics 9-9:50am Aqua Fit 9:45-10:30am ZUMBAGOLD 1-1:45pm Beginning Dancercise 5:10-6:10pm Aqua Fit 5:30pm Michael Hammonds	1:30pm Lap & Learn Aqua Class

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